

# Meditation Classes

## For Ages 18+



Join us for a journey through Mindfulness, Mandalas, and Healing Chakras with Jan Krause. Meditation is the practice of concentrated focus upon a sound, object, visualization, the breath, movement or attention to oneself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

Register early to ensure your spot

Ages	Day	Dates	Fee	Code
18+	<u>Mondays</u> 12:00 pm – 1:00 pm	January 9-30 <i>No Class 1/16</i>	\$25R / \$31NR	214729 A1
		February 6-27 <i>No Class 2/20</i>	\$25R / \$31NR	214729 A2
		March 6-27	\$25R / \$31NR	214729 A3
		April 3-24	\$25R / \$31NR	214729 A4
		May 1-22	\$25R / \$31NR	214729 A5
	<u>Wednesdays</u> 6:00 pm – 7:00 pm	January 4-25	\$25R / \$31NR	214729 B1
		February 1-22	\$25R / \$31NR	214729 B2
		March 1-22	\$25R / \$31NR	214729 B3
		April 5-26	\$25R / \$31NR	214729 B4
		May 3-24	\$25R / \$31NR	214729 B5

<b>Location:</b>	Wellington Community Center   (561) 753-2484   12150 Forest Hill Boulevard.
<b>Instructor :</b>	Jan Krause: (561) 452-8570   mysticholistic1@gmail.com
<b>Special Notes:</b>	<i>*No Class:</i> Jan 16th & Feb 20th. Bring paper and pen and a bottle of water.



### REGISTER ONLINE\*

You can register for most programs online at:  
[www.wellingtonfl.gov/webtrac](http://www.wellingtonfl.gov/webtrac)

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

*\*First time participants must register in-person to establish a household in our system. **Proof of residency and age required.** Not all programs available for online registration. Visit [wellingtonfl.gov/activityregistration](http://wellingtonfl.gov/activityregistration) for more info.*

### Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2<sup>nd</sup> class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

### Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

